



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09021, Apricots, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	86.35	26	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	201	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	1.40	22	0.336	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.39	5	0.170	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.75	32	0.054	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	11.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary <sup>3,4</sup>	g	2.0	5	0.408	1.5	2.5	1.0	-3.23	7.147	2	Analytical or derived from analytical	--	01/2003
Sugars, total	g	9.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	5.87	7	0.659	4.4	7.3	2.0	3.037	8.711	3	Analytical or derived from analytical	--	01/2003
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	2.37	7	0.553	1.1	3.6	2.0	-0.013	4.744	3	Analytical or derived from analytical	--	01/2003
Fructose <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.94	7	0.271	0.3	1.63	2.0	-0.231	2.103	3	Analytical or derived from analytical	--	01/2003
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Maltose <a href="#">1</a>	g	0.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	13	21	1.071	9	28	7.0	10.699	15.811	8	Analytical or derived from analytical	--	01/2003
Iron, Fe <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	0.39	21	0.018	0.16	0.62	7.0	0.346	0.429	8	Analytical or derived from analytical	--	01/2003
Magnesium, Mg <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	10	21	0.233	9	14	5.0	9.507	10.685	8	Analytical or derived from analytical	--	01/2003
Phosphorus, P <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	23	21	0.424	13	28	10.0	22.026	23.926	8	Analytical or derived from analytical	--	01/2003
Potassium, K <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	259	21	4.464	214	322	9.0	249.166	269.215	8	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na	mg	1	18	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	0.20	21	0.011	0.13	0.32	8.0	0.172	0.221	8	Analytical or derived from analytical	--	01/2003
Copper, Cu <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	0.078	21	0.006	0.05	0.17	6.0	0.063	0.094	8	Analytical or derived from analytical	--	01/2003
Manganese, Mn <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	0.077	21	0.002	0.06	0.1	10.0	0.073	0.082	8	Analytical or derived from analytical	--	01/2003
Selenium, Se <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	µg	0.1	21	0.089	0	1.5	6.0	-0.098	0.345	8	Analytical or derived from analytical	--	01/2003
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	10.0	4	0.161	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.054	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	9	4	1.450	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	4	1.450	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	09032	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	µg	96	8	31.927	52	158	2.0	-41.08	233.657	3	Analytical or derived from analytical	--	01/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	µg	1094	8	346.051	615	1,766	2.0	-395.217	2582.657	3	Analytical or derived from analytical	--	01/2003
Carotene, alpha <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	µg	19	8	10.693	0	37	2.0	-27.007	65.007	3	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	µg	104	8	64.178	22	231	2.0	-171.65	380.623	3	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	IU	1926	8	638.531	1,044	3,167	2.0	-821.603	4673.147	3	Analytical or derived from analytical	--	01/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin <a href="#">14</a> <a href="#">15</a>	µg	89	2	--	46	132	1.0	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <a href="#">16</a>	µg	3.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.024	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.003	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.170	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.077	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

**Amino Acids**

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.015	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.047	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.041	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.077	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.097	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.006	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.003	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.052	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.029	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.047	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.045	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.027	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.068	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.314	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.157	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.040	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.101	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.083	12	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Flavan-3-ols													
(+)-Catechin <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a>	mg	3.7	--	0.46	0.31	7.34	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">21</a> <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">26</a>	mg	4.7	--	0.6	0.02	8.29	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate <a href="#">21</a> <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate <a href="#">21</a> <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">21</a> <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">27</a> <a href="#">28</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">27</a> <a href="#">28</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">27</a> <a href="#">28</a> <a href="#">29</a>	mg	0.6	--	0.08	0	1.32	--	--	--	--	--	--	--
Myricetin <a href="#">27</a> <a href="#">28</a> <a href="#">29</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin <a href="#">23</a> <a href="#">24</a> <a href="#">25</a> <a href="#">27</a> <a href="#">28</a> <a href="#">29</a> <a href="#">30</a>	mg	1.6	--	0.2	0.38	2.9	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">31</a> <a href="#">32</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">31</a> <a href="#">32</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">31</a> <a href="#">32</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">17</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a>	mg	9.4	68	4.13	0.15	23.61	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">17</a> <a href="#">19</a> <a href="#">20</a>	mg	12.4	62	5.51	0.01	42.1	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">19</a>	mg	4.9	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">19</a>	mg	2.2	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">19</a>	mg	0.8	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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